



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center

July, August, September 2019

Ice Cream Social & Trivia: Wednesday, July 17, 2019 @ 1:30 PM

I scream, you scream, we all scream for ice cream! Here's the scoop: we're serving ice cream with yummy toppings while you visit with friends. Stick around for some fun trivia games that will be sure to get your brain warmed up again after that cold treat.

This event is free, but pre-registration is required.



Luau: Wednesday, August 14, 2019 @ 2:00 PM



The torches are lit, the theme is set! We're having a luau you'll never forget! Wear a bright shirt, grass skirt, or lei. We're going to celebrate the Hawaiian way. Join us for games, refreshments, and prizes. This event will be held outside in the grassy area behind our facility. Open to the Public.

Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident (Fee is for Food Cost)

Hispanic Heritage Luncheon: Wednesday, September 11, 2019 @ 12:00 PM

Seniors and Senioritas! Come join us for a Hispanic Heritage Day! You'll need a siesta after our sizzling hot fiesta for Hispanic Heritage Day! There will be Mexican cuisine and entertainment.

Must pre-register. Fee: \$5 Resident/ \$6 Non-Resident



Norman Park Updates

Renovations are here! I am excited to announce that the long awaited Norman Park Senior Center Renovations have started. We will be closed in sections so I thank you for your patience during this time. I want to thank Renewing Life transportation for their generous shuttle service to the Vital Aging Conference and coaches Diana Millburn and Madeleine Corbeil for their leadership. The outside Fitness center has been working very well and appreciate all of those who have taken advantage of the Older Adult Fitness area, We will be adding shade in the next few weeks to accommodate the summer months. If you noticed damage to the front of the building we unfortunately had a car hit the building early in the morning May 31, 2019. Public works had done a tremendous job of repairing the area damaged and will soon be open for daily use. I would like to say that in the next couple of months we will be closing the senior Center for approximately two weeks so we can install flooring and re pave the parking lot. We will post signs with details when we solidify dates with the contractor. If you have any questions or concerns my office hours at Norman Park are Tuesday & Thursday 9:00am-5:00pm and every other Friday.

Thank You!

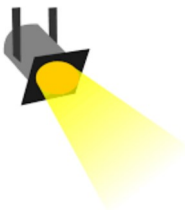
Mr. Aaron

Norman Park Senior Center will be CLOSED:

Independence Day: Thursday, July 4, 2019

Labor Day: Monday, September 2, 2019

NEW ACTIVITY SPOTLIGHT



New Activity: Bodies in Motion

Join our multi-award-winning instructor, Nadirah Bray, for our new class: Bodies in Motion! This class utilizes a holistic dance/movement method that promotes self-love, self-expression, healing, health, and transformation from the inside out. Shake your way into this fun new class! Please Pre-Register at the Front Desk.

DAY	TIME	ROOM	COST
Tues.	5:00 PM—6:00 PM	Hall	Month: \$20/Res & \$25/Non-Res Drop-in: \$5.00/Day

CHULA VISTA SENIOR CLUB NEWS

Chula Vista Senior Club New Membership begins January 2019.

Please come to the Hostess Desk to sign up or renew.

Membership Fees are \$10/year.

Bingo Every Friday

Time: 12 PM—2 PM

The Chula Vista Senior Club hosts a potluck during bingo the 1st and 3rd Fridays of each month. Please bring a food item to share. Bingo cards are \$.50 each. Come for fun and the prizes!

Bunco Every Friday

2:30 PM—4 PM

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

Live Band Dances

No dance in July!

August 1: Country/Western

Time: 1 PM—3 PM

Music by: Pinía

Cost: \$4 Mem / \$5 Non-Mem

September 5: Mexican Independence Day

Doors open at 12:30 PM

Music by: Pinía

Cost: \$4.00 Mem / Non-Mem

For more information, please call 619-409-1935.



General Meeting

The Senior Club Board Meetings are scheduled for the 1st Tuesday of each month at 1:00 PM. The General Meetings are afterward at 1:30 PM. The next meetings are scheduled as follows:

July 2 @ 1:30 PM in Conference Room

August 6 @ 1:30 PM in Conference Room

September 3 @ 1:30 PM in Conference Room

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

**LOOK FOR MORE INFORMATION TO COME
ON UPCOMING SENIOR TRIPS!**

Laughlin—Side Trip to Oatman

October—Side Trip to Big Bear

November—Swap Meet— Date TBA

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

CREATIVE

ART WATERCOLOR

Are you interested in painting with watercolor? Would you like to meet and paint with other artists? Then this is the activity for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM—12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	6	FREE

CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.



DAY	TIME	ROOM	COST
Tues.	2:00 PM—4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM—11:30 AM	7 & 8	FREE

COLORING SOCIAL GROUP

Spend some time relaxing and chatting with friends both old and new as you channel your artistic side. Bring your own supplies or use materials provided by the center.



DAY	TIME	ROOM	COST
Tues.	10:00 AM—12:00 PM	CONF. ROOM	FREE

EXERCISE & FITNESS

EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon./Wed.	8:00 AM—9:00 AM	FULL HALL	FREE

STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase your strength and endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	5:45 PM—6:45 PM	9,10,11	FREE

EXERCISE LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tues./Thurs.	9:00 AM—9:45 AM	PARK	FREE

CHAIR YOGA

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.



DAY	TIME	ROOM	COST
Wed.	4:30 PM—5:45 PM	9,10,11	FREE
Fri.	8:00 AM—9:30 AM	9,10,11	FREE

YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors.

Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thurs.	4:30 PM—6:30 PM	9,10,11	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES, ACTIVITIES, & GROUPS

This program is funded in part through the Department of Housing and Urban Development's Community Development Block Grant and, therefore, requires compliance with the standards required as a condition of providing these funds consistent with regulations governing Public Services [(§570.201(e))]. These funds were granted to provide services rendered to Low/Moderate Income Elderly (HUD Eligibility Matrix Code 05A - Senior Services) by the City of Chula Vista Recreation Department. In order to be eligible for this program, you will be required to fill out a Client Intake form and verify eligibility by providing proof of age 62 years or older.

ENGLISH CONVERSATION

Improve your English speaking skills in our English Conversation group where you'll meet a bunch of friendly people who are learning English and can practice with you.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—11:00 AM	CONF. RM.	FREE

SPANISH CONVERSATION

Brush up on your Spanish speaking skills in our Spanish Conversation group where you'll meet a bunch of friendly people who are learning Spanish and can practice with you.

DAY	TIME	ROOM	COST
Mon. & Fri.	10:00 AM—12:00 PM	CONF. RM.	FREE

SINGING AROUND THE PIANO

Sing Along to classic jams! The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	11:00 AM—1:00 PM	LOBBY	FREE

BOOK CLUB

Join a group of book lovers in this fun activity. Each person chooses his/her own book and shares about it with the group.

DAY	TIME	ROOM	COST
1st Thurs.	3:30 PM—5:30 PM	CONF. ROOM	FREE

PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home—make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	9:00 AM—1:00 PM	LOBBY	FREE
Fri.	12:00 PM—4:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM—2:00 PM	LOBBY	FREE

MOVIE MONDAY

Every Monday Norman Park Senior Center features an exciting movie that will keep you entertained.

DAY	TIME	ROOM	COST
Mon.	1:00 PM—3:00 PM	HALL	FREE

BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon. (Bridge Chicago)	12:00 PM—4:00 PM	6	FREE
Wed.	12:00 PM—4:00 PM	7	FREE
Thurs.	12:00 PM—4:00 PM	Annex	FREE

WORLD AFFAIRS GROUP DISCUSSION

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM—12:00 PM	10,11	FREE

MAH JONGG

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles. Both new and experienced players are encouraged to bring a sack lunch to enjoy and join this friendly group for a day of Mah Jongg.

DAY	TIME	ROOM	COST
Fri.	10:00 AM—3:00 PM	ANNEX	FREE

SCRABBLE

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	12:30 PM—4:00 PM	LOBBY	FREE

SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal singing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM—12:00 PM	ANNEX	FREE

SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM—3:30 PM	ANNEX	FREE

CLASSES & ACTIVITIES

INSTRUCTED

GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player. **Individual time with the instructor varies depending on the number of students present.**

This class is taught by Scott Humphries.

DAY	TIME	ROOM
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Tues.	10:45 AM—11:45 AM	11
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COST \$21/Res & \$26/Non-Res (per month)



LINE DANCE (Advanced/Beginner)

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advanced and Beginner levels! This class is taught by Christine Schroeder.

DAY	TIME	ROOM
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Advanced Tues.	10:00 AM—11:00 AM	7 & 8
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Beginner Tues.	11:00 AM—12:00 PM	7 & 8
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COST

Month: \$12/Res & \$15/Non-Res

Drop-in: \$3.00/Day

SENIOR TECH

TECH ONE-ON-ONE

Private one-on-one instruction provided on any phone and/or tablet device. Please call the front desk to schedule an appointment. Payment is due the day of your session.

TIME : See the main office for an appointment

COST : \$10 per 30 minute session (\$13 Non-Residents)



ANNEX ACTIVITIES

BILLIARDS ROOM

The Billiards Room is open for patrons 50+ during normal center operating hours. There are two tournament size billiards tables and pool sticks are available.

ROOM	COST
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ANNEX	FREE
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SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

ROOM	COST
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ANNEX	FREE
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SENIOR CLUB GAMES

BINGO—CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM
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Fri.	12:00 PM—2:00 PM	9,10,11
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BUNCO—CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlor game played in teams with three dice.

DAY	TIME	ROOM
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Wed.	4:30 PM—6:30 PM	LOBBY
Fri.	2:30 PM—4:00 PM	9,10,11

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

CLASSES & ACTIVITIES

NEW BODIES IN MOTION

This class utilizes a holistic dance/movement method that promotes self-love, self-expression, healing, health, and transformation from the inside out. Led by instructor Nadirah Bray.

DAY	TIME	ROOM
Tues.	5:00 PM—6:00 PM	Hall

COST

Month: \$20/Res & \$25/Non-Res
Drop-in: \$5.00/Day



DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party! Join Rita for a fun way to get fit. This class is taught by Rita Sancen.

DAY	TIME	ROOM	COST
Mon. & Wed.	5:30 PM—6:30 PM	6,7,8	Drop-in fee \$3



\$20/\$25 July
\$16/\$21 August
\$16/\$21 September

VOLLEYBALL

Come try this fun new activity with a lively group of seniors. It's sure to be a good time! A beach ball-type ball will be used.



DAY	TIME	ROOM	COST
Mon. & Wed.	9:05—9:35 AM	9, 10, 11*	FREE

*May be relocated outside to park pending hall availability.

SENIOR EXERCISE

This class is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Led by volunteers.

DAY	TIME	ROOM	COST
Tues. & Thurs.	8:00 AM—9:00 AM	FULL HALL	FREE



FITNESS CENTER

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards, and free weights.

COST: Three-month Quarter:

\$28/Res & \$33/Non-Res

One Month Membership: \$10/Res & \$15 Non-Res

Daily drop-in: \$3.00

Fitness Center Hours *NEW*

Monday—Thursday 8 AM—7 PM

Friday 8 AM—5 PM



CHULA VISTA WALKS

DAY	TIME	ROOM	COST
Tues. & Thurs.	9:30 AM	9 & 10	FREE

Stay active by walking. Join the fun and walk with us! CVW participants meet at the NPSC every Tuesday and Thursday at 9:30 AM. After a short sharing of ideas or health tips, it's out walking we go.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

HEALTH & WELLNESS

BEREAVEMENT SUPPORT GROUP

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM—12:00 PM	CONF. RM.	FREE

BLOOD PRESSURE SCREENING

Blood pressure screening is free to everyone. Services provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st/3rd Fridays	9:00 AM	LOBBY	FREE

PARKINSONS SUPPORT GROUP

At this group you will be welcomed, understood, accepted, and supported by people with Parkinson's, their care partners and family. Learn from your peers; discuss symptoms and medications; share resources, life experiences, and knowledge; and meet expert speakers about the latest research and therapies.

Following the support group is a Movement Foundation Exercise Class. *People with Parkinson's, movement challenges, and those using walkers and wheel chairs are welcome!*

DAY	TIME	ROOM	COST
2nd Tues.	1:00 PM—3:00 PM	Hall	FREE

PRESENTATIONS

Shillinger Law Resource Series

DAY	TIME	ROOM
Wed., July 3, 2019	9:30 AM	Lobby
Wed., Aug. 7, 2019	9:30 AM	Lobby
Wed., Sept. 4, 2019	9:30 AM	Lobby

Shillinger Law and Norman Park are excited to announce a continuation of Shillinger Law Monthly Resource Series where professionals in our community will talk about various resources which can help you make informed decisions about things that affect everyday life.

July: Discussion about downsizing. We will have light refreshments and coffee as we talk about the difficult subject of decluttering your home!

August: Finances— and that it is never too late to plan!

September: Fraud, scams and elder abuse - how to report it and handle it!

Please join us the first Wednesday of Every Month as we discuss interesting subjects while enjoying light refreshments!

SDG&E: Residential Rates and Programs

DAY	TIME	ROOM
Thursday, July 18, 2019	11:00 AM	10

Come out and learn about San Diego Gas and Electric (SDG&E) residential rates or programs. SDG&E staff will provide a presentation on current changes to Time-of-Use rates, assistance programs and energy efficiency opportunities. City staff will also be on site to sign up residents for no-cost Home Energy & Water Check-Ups and the Chula Vista Climate Action Challenge.

Cal Fresh

DAY	TIME	ROOM
Wed., July 24, 2019	10:00 AM	Room 9

Come to this informational presentation on CalFresh! If you receive Supplemental Security Income (SSI), you could receive additional money through CalFresh for food assistance beginning June 2019. Receiving CalFresh will not reduce your SSI payment amount, and could increase your food budget. For more information, visit www.sandiegohungercoalition.org/ssi/recipient.

Clear Captions

Free Caption Phone for Hearing Impairment

DAY	TIME	ROOM
Thurs. Aug. 15, 2019	9:30 AM	TBA

Hello from ClearCaptions™. Please join your local ClearCaptions Title IV ADA Specialist, Brian Maxwell, for an informative conversation. We will be discussing how you can receive a **NO COST** caption phone if you struggle with hearing on the phone.

Scripps Health Talk

DAY	TIME	ROOM
Tuesday, August 13, 2019	10 AM	Conf. Room
Topic TBA		

PLEASE NOTE: All classes with fees **require pre-registration** at the NPSC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

UPSTAIRS SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors' homes by volunteers.

Seniors can also join the membership meal program and enjoy lunches, dinners, baked goods, and desserts at their convenience. Meals can be purchased on site. Volunteers are available to assist in the sale of meals at the desk in the lobby Monday through Friday 11 AM—1 PM when NPSC is open.

Call (619) 420-2782 or visit www.meals-on-wheels.org for more information.



MEALS on WHEELS

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more.

Call (619) 729-2772 for more information.

DAY	TIME	ROOM
Support Group (Spanish)		
1st & 3rd Wed.	4:30 PM—6:30 PM	Upstairs Office

“Clase Calma” (Spanish)	Call for dates and times.	Upstairs Office
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CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. For more information, contact Minga Santos at (619) 575-8144. Upcoming dates: **July 2, 16, 23; August 6, 20, 27; September 3, 17, 24.**

DAY	TIME	ROOM
1st, 3rd, 4th Tues.	12:00 PM—4:00 PM	9,10,11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **September 19. (No meeting July or August.)** For more information call President Michael J. Biedenbender (619) 991-0524.

DAY	TIME	ROOM
3rd Thurs.	11:00 AM—1:30 PM	FULL HALL



OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation Department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation Department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Heritage Park

1381 E Palomar St.

Senior Mobile Rec.

Free senior activities every Friday
Drop in between 10:00 AM—12:00 PM. Art projects & games. Learn how to save energy.
For more info. call **(619) 585-5653**.

Otay Recreation Center

(619) 409-1999

3554 Main Street

Feeling Fit Club for Seniors
Mon. & Wed. 9:00—10:00 AM
Free

Loma Verde Recreation Center

1420 Loma Lane

(619) 409-1939

AM Exercise Tuesdays & Thursdays
9:00—10:00 AM, \$3 Drop-in fee or
a monthly fee which varies month to month.

Zumba

MTW 6:30 PM—7:30 PM

\$5 Drop-in fee or a monthly fee which varies
month to month.

Loma Verde Pool

1420 Loma Lane

(619) 409-1987

Water Aerobics

Mon./Wed./Fri. 11:00 AM—12:00 PM

\$4/class or 10 classes for \$35

Parkway Pool

373 Park Way

(619) 409-1980

Parkway Silver Splash (ages 55+)

Mon./Wed. 9:30—10:15 AM

\$4/class or 10 classes for \$35

Salt Creek Recreation Center

2710 Otay Lakes Rd

(619) 585-5739

Senior Weight Training (Tues. 8:00—8:50 AM)

\$50 Res/ \$63 Non-Res

10 week session. Taught by Frances Bordenave.

Veterans Park Community Center

785 East Palomar

(619) 691-5260

AM Yoga (Mon. & Wed. 9:00—10:00 AM)

\$59 Res/ \$74 Non-Res

Zumba (Tues. 9:00—9:55 AM)

Jan. 8—March 12

\$40 Res/ \$50 Non-Res

Zumba (Thurs. 9:00—9:55 AM)

January 10—March 14

\$40 Res/ \$50 Res

Zumba Combo (Tues. & Thurs. 9:00—9:55 AM)

\$70 Res/ \$87.50 Non-Res

Monteville Recreation Center

840 Duncan Ranch Road

(619) 402-1977

Active Adult Fitness

Thursdays 10:00—11:00 AM

\$35 Res/\$44 Non-Res

Pickleball (Open Play)

Fridays 9:00—11:50 AM (except holidays & school breaks
when there is camp)

Parkway Community Center

(619) 409-1980

Class is held at the Woman's Center @ 357 G Street

Exercise Program for Seniors

Tues. & Thurs. 1:00—2:00 PM

Free



WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00 AM—9:00 AM COMPUTER CLUB 8:00 AM—12:00 PM VOLLEYBALL 9:05 AM—9:35 AM ART WATERCOLOR 9:00 AM—12:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM WORLD AFFAIRS GROUP 10:00 AM—12:00 PM BRIDGE CHICAGO 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM MOVIE MONDAY 1:00 PM—3:00 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg. 7)	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM SINGING INFORMAL 9:00 AM—12:00 PM COLORING GROUP 10:00 AM—12:00 PM ADV. LINE DANCE 10:00 AM—11:00 AM (Fee Pg.6) GUITAR LESSONS 10:45 AM—11:45 AM (Fee Pg.6) BEG. LINE DANCE 11:00 AM—12:00 PM (Fee Pg.6) SINGING AROUND THE PIANO 11:00 AM—12:00 PM 1ST, 3RD, & 4TH TUESDAYS: CLUB AMISTAD 12:00 PM—4:00 PM SINGING SENIORS 1:30 PM—3:30 PM 2ND TUES. PARKINSON'S 1:00 PM—3:00 PM CREATIVE WRITERS 2:00 PM—4:00 PM BODIES IN MOTION 5:00 PM—5:30 PM (Fee Pg. 7) TAI CHI 6:00 PM—6:45 PM	EXERCISE WITH KAY 8:00 AM—9:00 AM VOLLEYBALL 9:05 AM—9:35 AM PINOCHLE 9:00 AM—1:00 PM ENGLISH CONVERSATION 9:00 AM—11:00 AM ARTIST SOCIAL GROUP 9:30 AM—11:30 AM KNITTING & CROCHETING 9:30 AM—11:30 AM MEXICAN TRAIN 12:00 PM—2:00 PM BRIDGE DUPLICATE 12:00 PM—4:00 PM (Canceled on special event days) SCRABBLE 12:30 PM—4:00 PM TECH 1-ON-1 3:00 PM—5:00 PM (Fee Pg. 6) CHAIR YOGA 4:30 PM—5:45 PM BUNCO GAME NIGHT - CV SENIOR CLUB 4:30 PM—6:30 PM DANCE CARDIO PARTY 5:30 PM—6:30 PM (Fee Pg.7) STRENGTH TRAINING 5:45 PM—6:45 PM	EXERCISE CLASS 8:00 AM—9:00 AM LONGEVITY STICK 9:00 AM—9:45 AM TAI CHI 9:00 AM—9:45 AM WALKING FOR FITNESS 9:30 AM—10:30 AM BEREAVEMENT 10:30 AM—12:00 PM 3RD THURS. GARDEN CLUB 11:00 AM—1:30 PM 1ST THURS. CV SENIOR CLUB DANCE 1:00 PM—3:00 PM BOOK CLUB: 1ST THURS. 3:30 PM—5:30 PM YOGA 4:30 PM—6:30 PM	CHAIR YOGA 8:00 AM—9:30 AM MAH JONGG 10:00 AM—3:00 PM SPANISH CONVERSATION 10:00 AM—12:00 PM COMPUTER LAB 10:00 AM—12:00 PM (Fee Pg. 6) PINOCHLE 12:00 PM—4:00 PM SCRABBLE 12:30 PM—4:00 PM BINGO - CV SENIOR CLUB 12:00 PM—2:00 PM BUNCO - CV SENIOR CLUB 2:30 PM—4:00 PM

Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00 PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

July 11th— P.F. Chang's
2015 Birch Rd., Eastlake

August 8th — Teriyaki Grill
380 3rd Ave.

September 12th — D'Lish
386 East H St.

Don't forget to mark your calendars!



CENTER OPERATIONS

FITNESS CENTER HOURS

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

NORMAN PARK STAFF

Aaron Ruiz	Adolfo Herrera
Caitlin Weston	Ysabel Jaimes
Dayanira Heredia	Julian Castruita
Kassandra Hernandez	Heder Dominguez
Anthony Cosio	Melisa Castillo
Isabella Alexander	Stephanie DeVos
Roseann Schertzer	Jazmine Hernandez
Jahnessa Contreras	

CENTER HOURS OF OPERATION

Mon.—Thurs. 8:00 AM—7:00 PM

Fri. 8:00 AM—5:00 PM

Commission on Aging

Meets the 2nd Wednesday of every-other-month (July 10 & September 11) from 1:00—2:15 PM in the Conference Room. For more information contact (619) 409-5979.

To be more environmentally conscious and reduce our high printing costs, our quarterly newsletter is now on the city website at <https://www.chulavistaca.gov/departments/recreation/seniors>